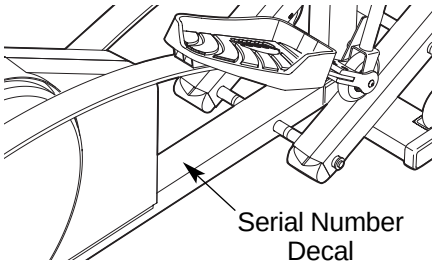
NordicTrack®
CXT 930

Model No. NTEL79010
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

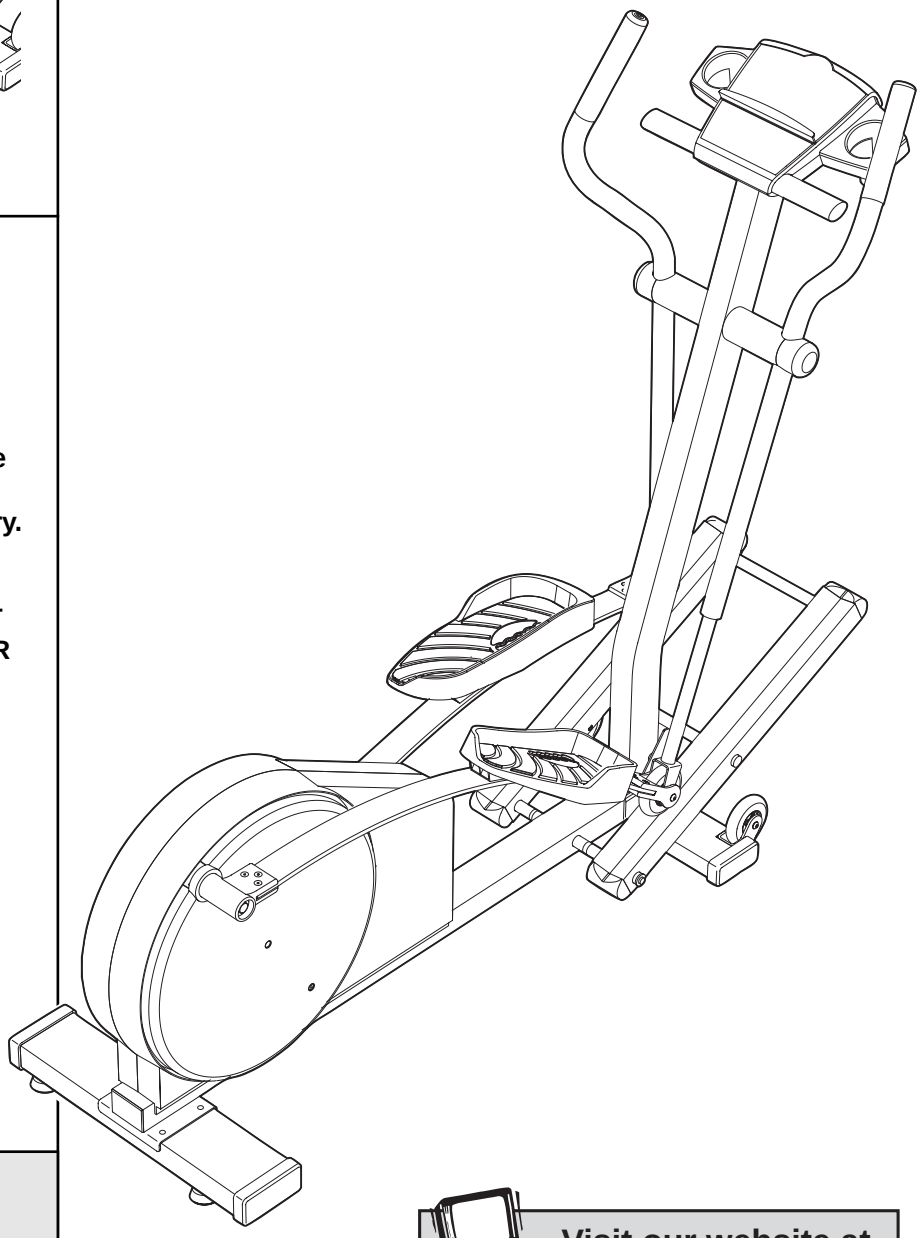
TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:
1-888-825-2588
Mon.–Fri., 6 a.m.–6 p.m. MST

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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www.nordictrack.com

new products, prizes, fitness tips, and much more!

NordicTrack®
CXT 930

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the elliptical crosstrainer.

1. **Read all instructions in this manual before using the elliptical crosstrainer.**
2. **It is the responsibility of the owner to ensure that all users of the elliptical crosstrainer are adequately informed of all precautions.**
3. **The elliptical crosstrainer is intended for in-home use only. Do not use the elliptical crosstrainer in any commercial, rental, or institutional setting.**
4. **Place the elliptical crosstrainer on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical crosstrainer indoors, away from moisture and dust.**
5. **Inspect and tighten all parts regularly. Replace any worn parts immediately.**
6. **Keep children under age 12 and pets away from the elliptical crosstrainer at all times.**
7. **The elliptical crosstrainer should not be used by persons weighing more than 250 pounds.**
8. **Wear appropriate exercise clothing when using the elliptical crosstrainer. Always wear athletic shoes for foot protection.**
9. **Always hold the handlebar or the upper body arms when mounting, dismounting, or using the elliptical crosstrainer.**
10. **Keep your back straight when using the elliptical crosstrainer. Do not arch your back.**
11. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**
12. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**
13. **When you stop exercising, allow the pedals to slowly come to a complete stop. The elliptical crosstrainer does not have a free wheel; the pedals will continue to move until the flywheel stops.**

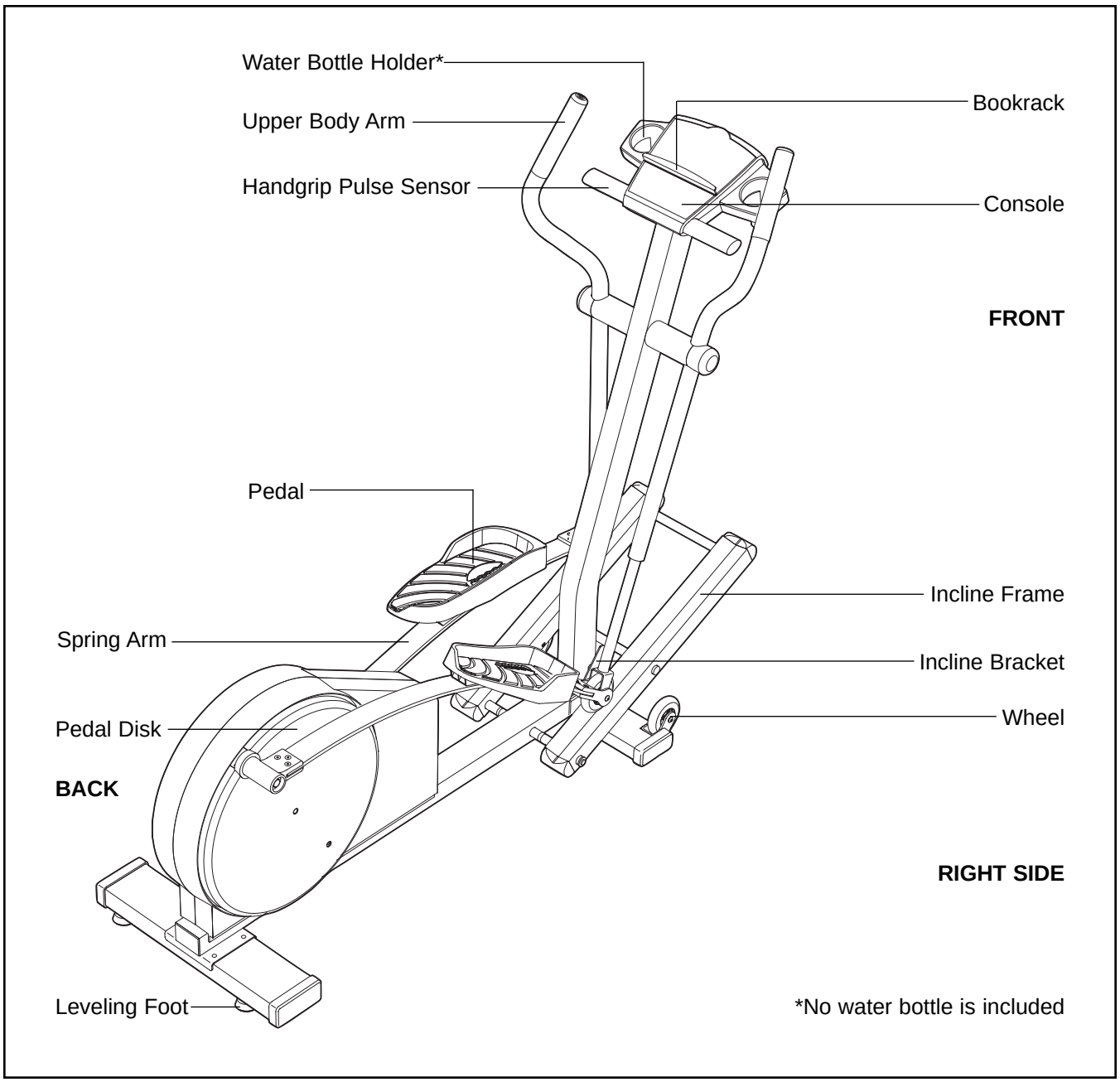
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Congratulations for selecting the new NordicTrack® CXT 930 elliptical crosstrainer. The CXT 930 is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique CXT 930 features adjustable resistance and incline to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise from NordicTrack.

For your benefit, read this manual carefully before you use the elliptical crosstrainer. If you have additional questions, please call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is NTEL79010. The serial number can be found on a decal attached to the elliptical crosstrainer (see the front cover of this manual for the location of the decal).

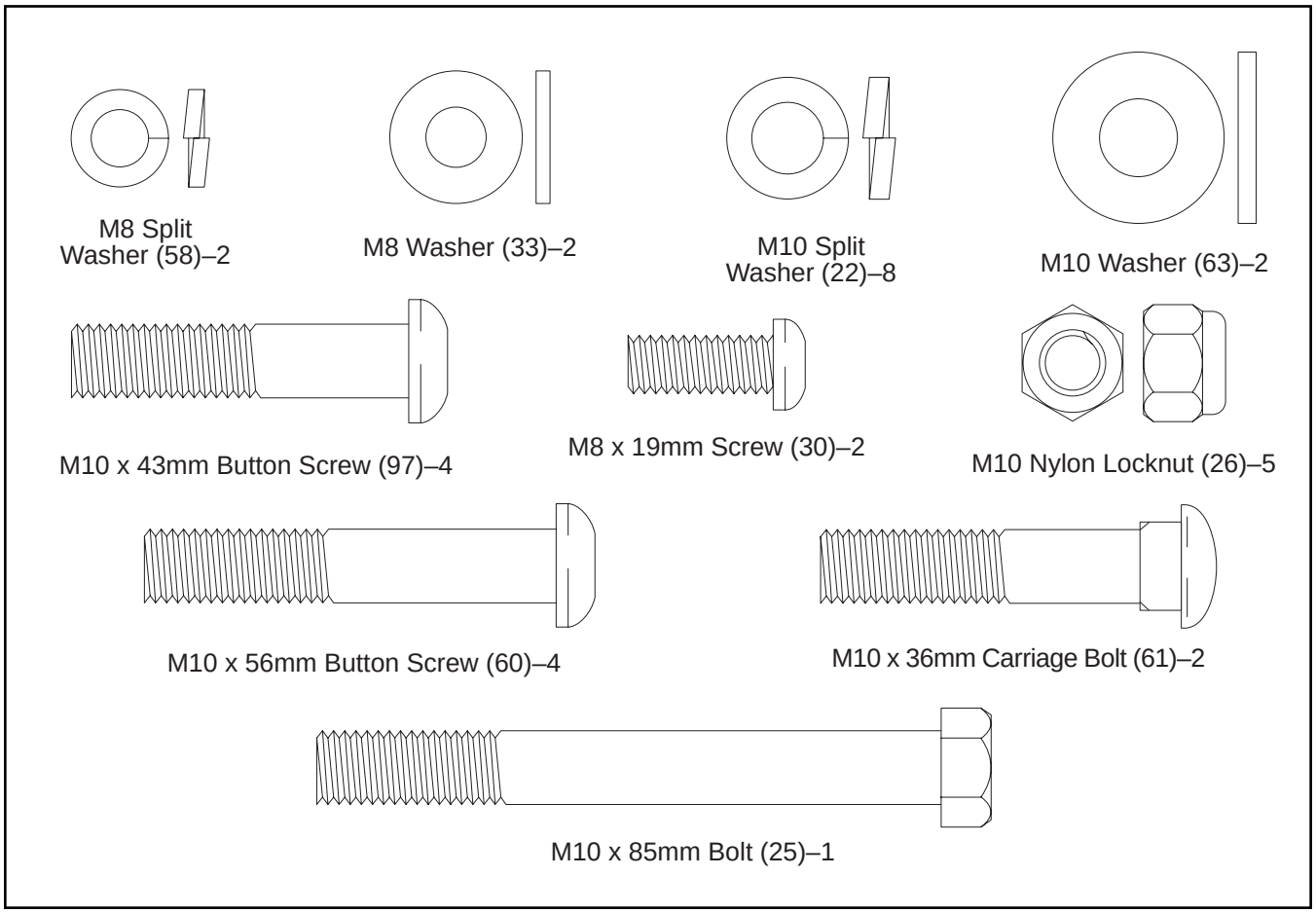
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



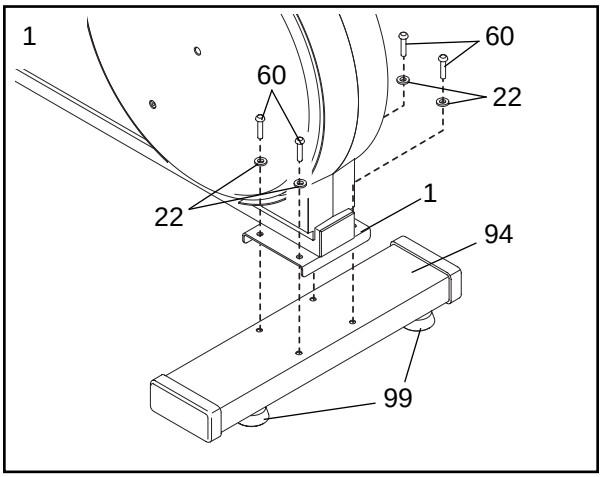
ASSEMBLY

Assembly requires two people. Place all parts of the elliptical crosstrainer in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the two included allen wrenches, assembly requires a phillips screwdriver , an adjustable wrench , a rubber mallet , and pliers .**

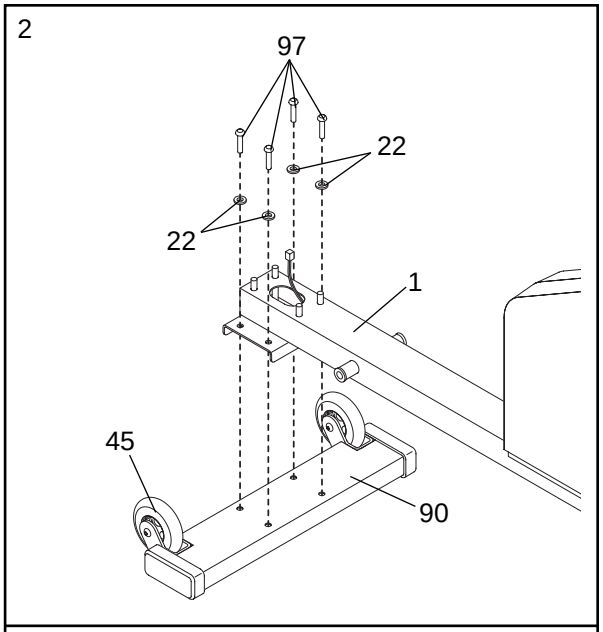
As you assemble the elliptical crosstrainer, use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 22. The second number refers to the quantity used in assembly. **Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-assembled.**



1. Identify the Rear Stabilizer (94), which has two Leveling Feet (99) threaded into it. Turn the Rear Stabilizer so the Leveling Feet are closest to the rear of the Frame (1) as shown. Attach the Rear Stabilizer to the Frame with the four M10 x 56mm Button Screws (60) and four M10 Split Washers (22).



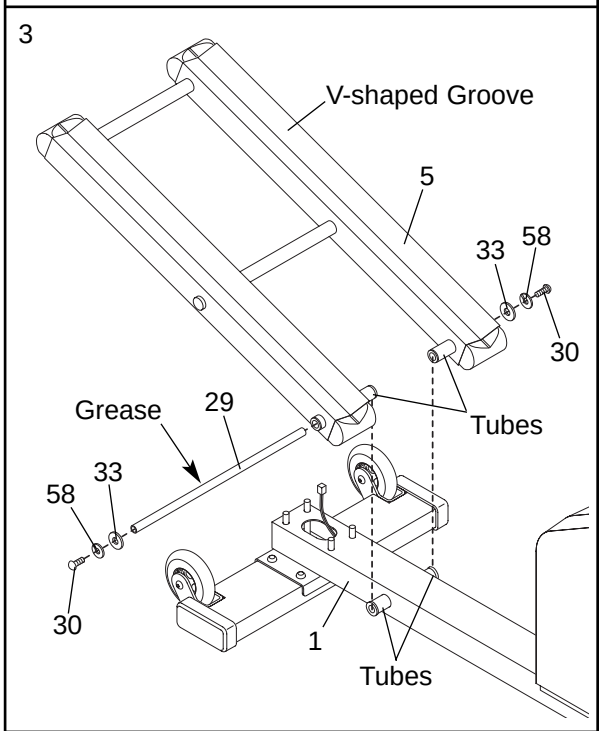
2. Attach the Front Stabilizer (90) to the Frame (1) with the four M10 x 43mm Button Screws (97) and four M10 Split Washers (22). **Make sure that the Front Stabilizer is turned so the Wheels (45) are not touching the floor.**



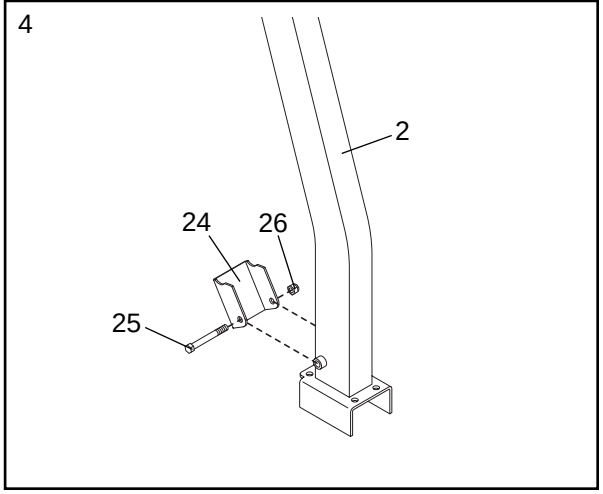
3. Slide an M8 Split Washer (58) and an M8 Washer (33) onto an M8 x 19mm Screw (30). Tighten the Screw into one end of the Incline Axle (29). Next, apply a small amount of the included grease to the Incline Axle.

   Align the indicated tubes on the Incline Frame (5) with the tubes on the Frame (1). **Make sure that the Incline Frame is turned so the V-shaped grooves are on top.** Insert the Incline Axle (29) through the Incline Frame and the Frame. Note: It may be helpful to tap the Incline Axle with a rubber mallet to insert it.

   Slide an M8 Split Washer (58) and an M8 Washer (33) onto the other M8 x 19mm Screw (30). Tighten the Screw into the open end of the Incline Axle (29).



4. Attach the Incline Bracket (24) to the lower end of the Upright (2) with the M10 x 85mm Bolt (25) and an M10 Nylon Locknut (26). **Do not overtighten the Nylon Locknut; the Incline Bracket must be able to pivot easily.**

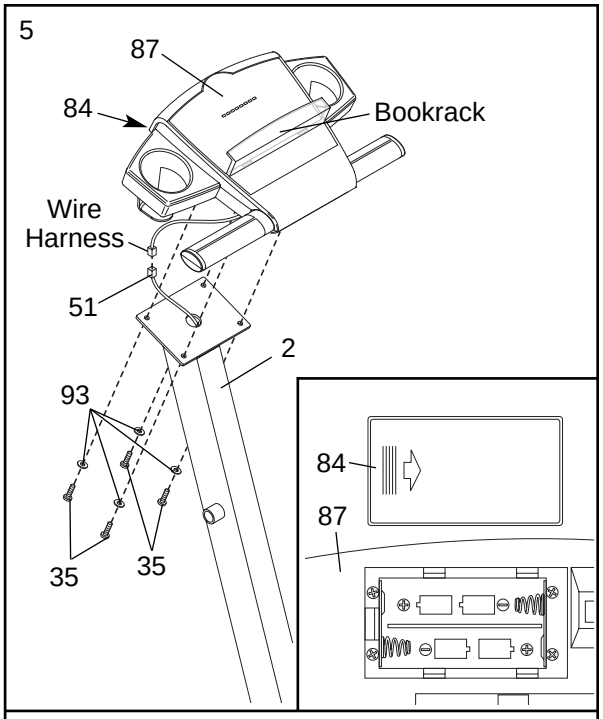


5. The Console (87) requires four “D” batteries (not included). Alkaline batteries are recommended. To install batteries, turn the Console face down and remove the Battery Cover (84), as shown in the inset drawing. Insert four batteries into the Console. **Make sure that the negative ends of the batteries (marked “—”) are facing the springs in the Console.** Then, reattach the Battery Cover.

   Connect the console wire harness to the Extension Wire Harness (51).

   Attach the Console (87) to the Upright (2) with the four Console Screws (35) and the four Console Washers (93) packaged with the Console. **Be careful to avoid pinching the wires.**

   Snap the bookrack onto the Console (87) where shown.

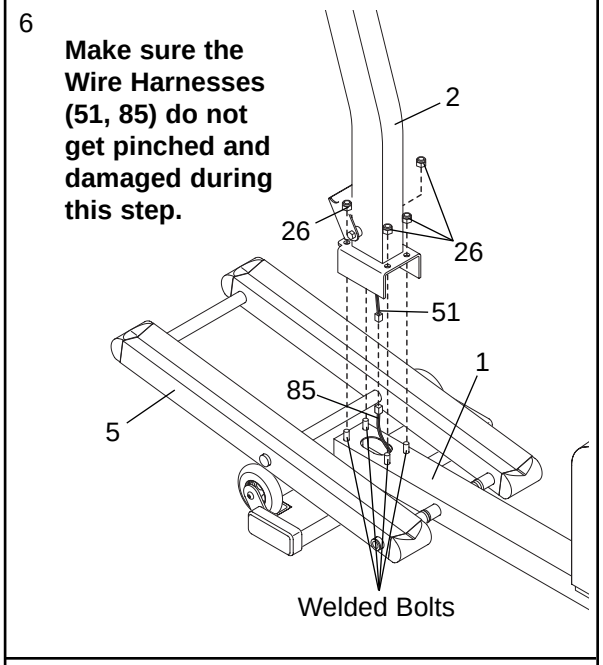


6. Remove the four M10 Nylon Locknuts (26) from the welded bolts on the front of the Frame (1).

   While a second person holds the Upright (2) near the Frame (1), connect the Extension Wire Harness (51) to the Wire Harness (85).

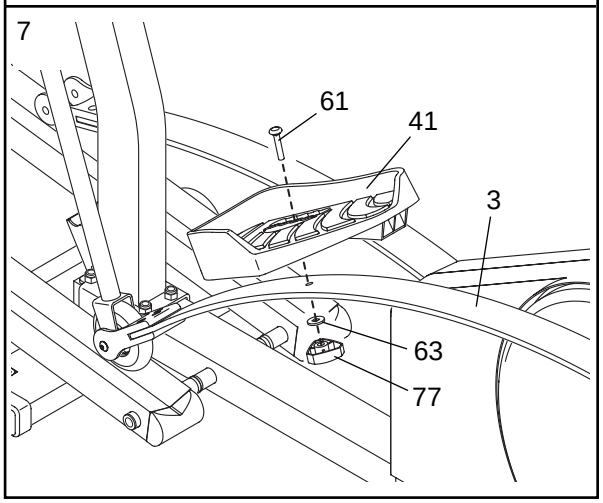
   Align the four holes in the bracket at the bottom of the Upright (2) with the welded bolts on the Frame (1). Lower the Upright, **feeding all slack Extension Wire Harness (51) and Wire Harness (85) into the Upright,** until the welded bolts are inserted into the bracket. **Do not allow the Wire Harnesses to be pinched.**

   Lift the front of the Incline Frame (5). Tighten the four M10 Nylon Locknuts (26) onto the welded bolts on the Frame (1).



7. Identify the Left Pedal (41). Attach the Left Pedal to the Left Spring Arm (3) with an M10 x 36mm Carriage Bolt (61), an M10 Washer (63), and an Adjustment Knob (77) as shown. Note: The Left Pedal can be attached in any of five positions (see HOW TO ADJUST THE PEDALS on page 9).

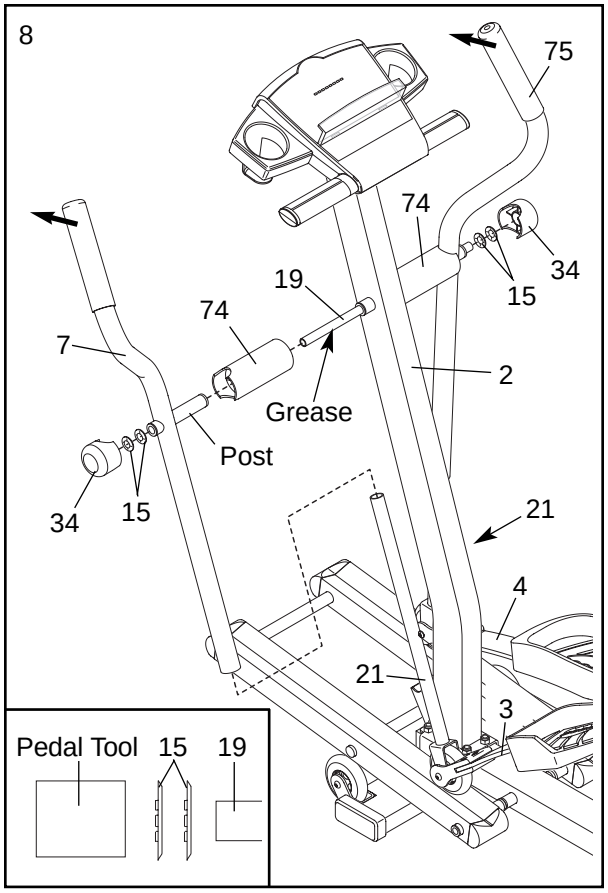
   Attach the Right Pedal (not shown) in the same way. Make sure that both Pedals are in the same position.



8. Apply a small amount of the included Teflon® lubricant to a paper towel. Rub a thin film of the lubricant onto the Chrome Tubes (21) on the Left and Right Spring Arms (3, 4). Next, slide the Left Upper Body Arm (7), which is marked with a sticker, onto the Chrome Tube on the Left Spring Arm. Slide the Right Upper Body Arm (75) onto the Chrome Tube on the Right Spring Arm. **Make sure that the Upper Body Arms are on the correct sides—the upper ends should bend in the direction shown by the arrows.** Next, slide an Axle Cover (74) onto the post on each Upper Body Arm.

   Apply grease to the Arm Axle (19). Insert the Arm Axle into the right Axle Cover (74) and the Right Upper Body Arm (75). Next, insert the Arm Axle into the Upright (2) until the left end of the Arm Axle is flush with the left side of the Upright. Then, insert the Arm Axle into the left Axle Cover (74) and the Left Upper Body Arm (7).

   Center the Arm Axle (19). Using the included pedal tool, tap two Push Nuts (15) **about 1/8"** onto each end of the Arm Axle. Make sure that the Push Nuts are turned as shown in the inset drawing. (Note: It may be helpful if another person holds a block of wood against one end of the Arm Axle while you tap Push Nuts onto the other end.) Then, press an Axle Cap (34) onto each end of the Arm Axle.

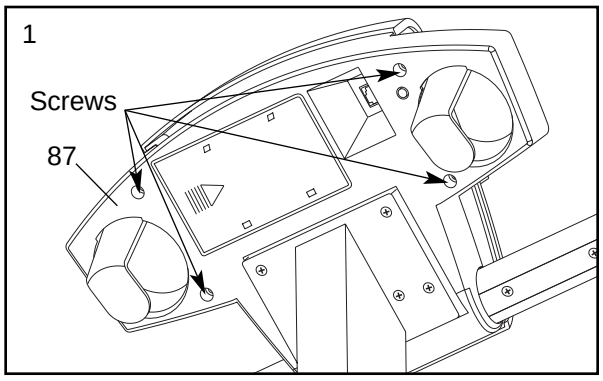


9. **Make sure that all parts of the elliptical crosstrainer are properly tightened.** Note: Some hardware may be left over after assembly is completed.

INSTALLING THE RECEIVER FOR THE OPTIONAL CHEST PULSE SENSOR

If you purchase the optional chest pulse sensor (refer to page 20), follow the steps below to install the receiver and the short jumper wire included with the chest pulse sensor.

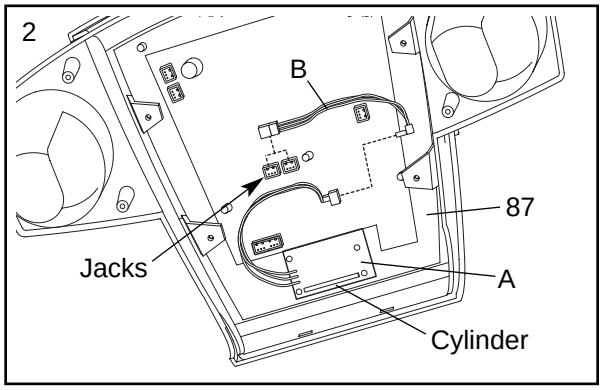
1. Remove the four indicated screws from the back of the Console (87). Lift off the front of the Console.



2. Peel the paper off the adhesive pad on the back of the receiver (A). Orient the receiver exactly as shown, and press it onto the Console (87) in the indicated location.

   Connect the short jumper wire (B) to the wire on the receiver (A). Plug the other end of the short jumper wire into either of the indicated jacks on the Console (87). Note: The included long jumper wire is not needed.

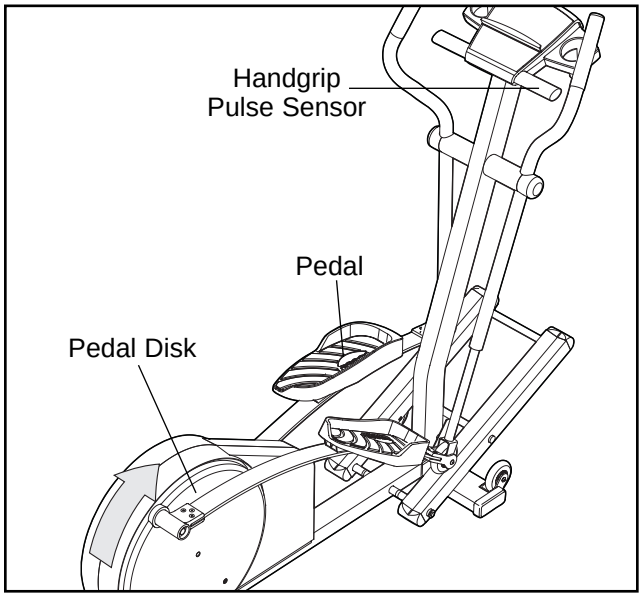
   Refer to step 1 above. Reattach the front of the Console (87) with the four screws. **Make sure that no wires are pinched.**



HOW TO USE THE ELLIPTICAL CROSSTRAINER

EXERCISING ON THE ELLIPTICAL CROSSTRAINER

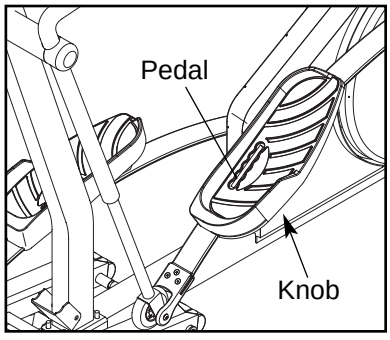
To mount the elliptical crosstrainer, hold the handgrip pulse sensor and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you turn the pedal disks in the direction shown by the arrow below; however, to give variety to your exercise, you may turn the pedal disks in the opposite direction.**



To dismount the elliptical crosstrainer, wait until the pedals come to a complete stop. **The elliptical crosstrainer does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

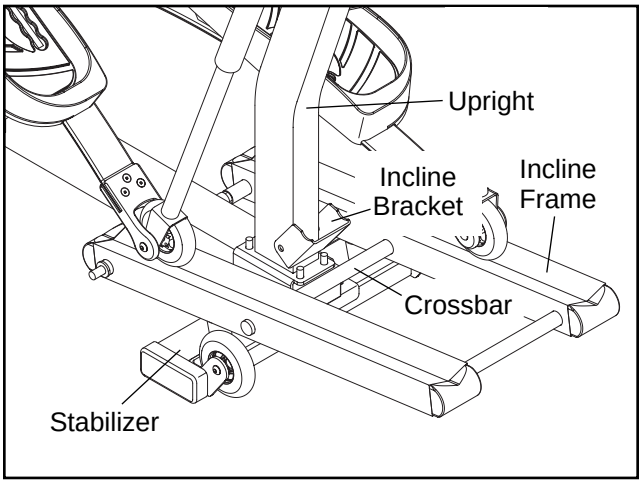
HOW TO ADJUST THE PEDALS

The motion of the pedals is determined by their position on the spring arms. Their are five different pedal positions. To adjust the pedals, first loosen the knob beneath each pedal. Slide the pedals forward or backward to the desired position, and then retighten the knobs. Make sure that both pedals are in the same position.



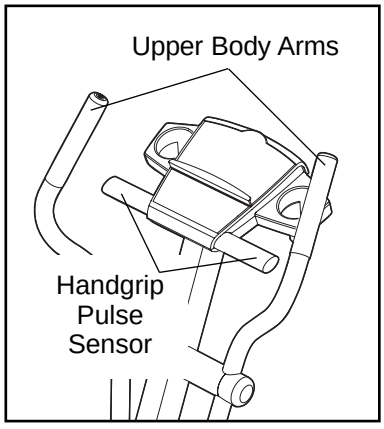
INCLINE ADJUSTMENT

To further adjust the intensity of your exercise, the incline frame can be raised or lowered. To raise the incline frame, position the spring arms side by side. Lift the end of the incline frame until the crossbar is on top of the incline bracket. **Make sure that the crossbar is resting securely on top of the incline bracket.** To lower the incline frame, lift the incline frame slightly, push the incline bracket toward the upright, and then lower the incline frame onto the stabilizer.

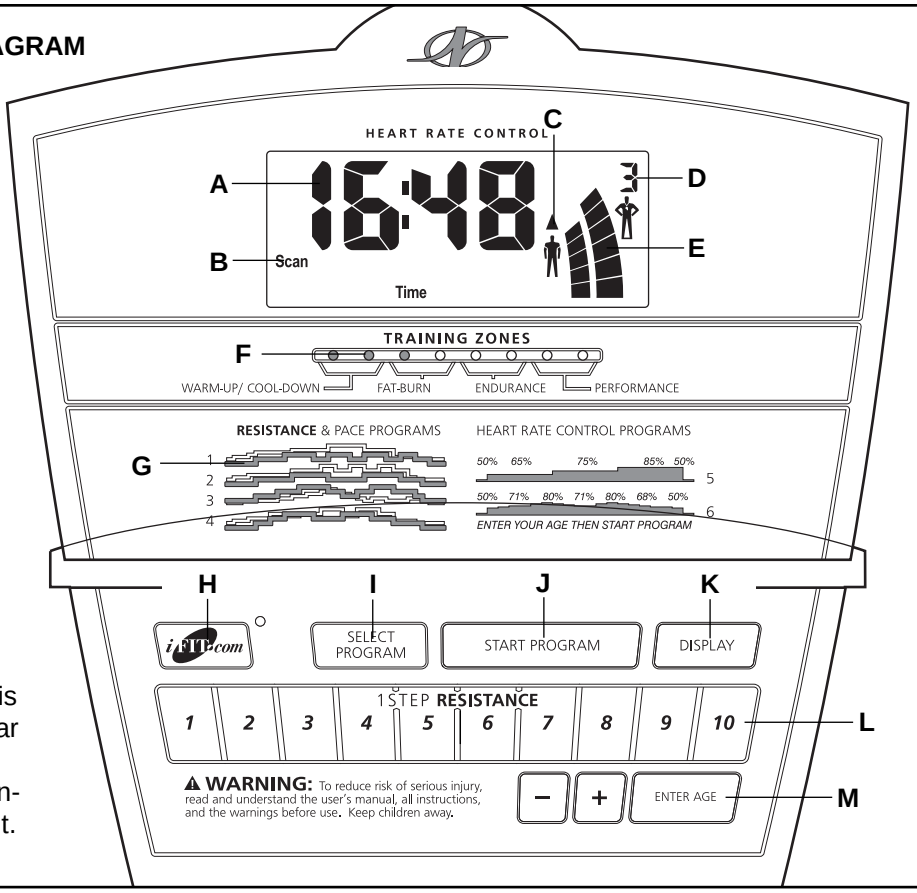


HOW TO USE THE UPPER BODY ARMS

The upper body arms are designed to add upper-body exercise to your workouts. As you exercise, push and pull the upper body arms in order to work your arms, back, and shoulders. To exercise only your lower body, hold the handgrip pulse sensor as you exercise.



CONSOLE DIAGRAM



Note: If there is a sheet of clear plastic on the face of the console, remove it.

FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the resistance of the elliptical crosstrainer can be changed with a touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor. (For information about an optional chest pulse sensor, refer to page 20.)

The console also offers four preset workout programs. Each program automatically changes the resistance of the elliptical crosstrainer and prompts you to increase or decrease your pace as it guides you through an effective workout.

In addition, the console features two heart rate workout programs that automatically change the resistance of the elliptical crosstrainer and prompt you to vary your pace to keep your heart rate near a target heart rate as you exercise.

The console also features new iFIT.com interactive technology. IFIT.com technology is like having a personal trainer right in your home. Using the included audio cable, you can connect the elliptical crosstrainer to your home stereo, portable stereo, or computer and play special iFIT.com CD programs (CDs are available separately). IFIT.com CD programs automatically control the resistance of the elliptical crosstrainer and prompt you to vary your pace as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. Each CD features two programs designed by certified personal trainers.

In addition, you can connect the elliptical crosstrainer to your VCR and TV and play iFIT.com video programs (videocassettes are available separately). Video programs offer the same benefits as iFIT.com CD programs, but add the excitement of working out with a class and an instructor.

With the elliptical crosstrainer connected to your computer, you can also go to our new Web site at www.iFIT.com and access audio programs and video programs directly from the internet.

For information about the availability of iFIT.com CDs or videocassettes, please send an e-mail to ellipticalworkouts@iFIT.com, and we'll notify you as soon as iFIT.com CDs and videocassettes are available. Or, call toll-free 1-800-884-0620.

CONSOLE DESCRIPTION

Refer to the drawing on page 10.

A. Exercise feedback display—This display features seven modes that give you instant exercise feedback: your current speed, the elapsed time (or the time remaining in a preset program or a heart rate program), the distance that you have pedaled, the resistance level, the approximate number of calories you have burned, your power output in watts, and your heart rate (when you use the handgrip pulse sensor or the optional chest pulse sensor [refer to page 20 for information about the chest pulse sensor]). If the scan mode is selected, the display will change from one mode to the next every six seconds. Or, you can select a single mode for continuous display.

Note: The console can show speed and distance in either miles or kilometers. To change the unit of measurement, refer to step 4 on page 12.

B. Feedback mode indicators—These indicators show which feedback mode (scan, speed, time, resistance level, calories, distance, watts, or heart rate) is currently displayed. Note: When the distance is shown, the word Miles or the letters Kms will appear; when your speed is shown, the letters MPH or Km/H will appear.

C. Increase and decrease arrows—During preset programs, heart rate programs, and iFIT.com programs, these arrows will prompt you to increase or decrease your pace to match the target pace.

D. Manual mode/program indicator—When a preset program is selected, the upper right corner of the display will show a 1, 2, 3, or 4, depending on which preset program is selected. When a heart rate program is selected, the upper right corner of the display will show a 5 or 6. When the iFIT.com mode is selected, the upper right corner will show the letters IF. When the manual mode is selected, the upper right corner will be blank.

E. Pace bar graphs—When the manual mode is selected, only the left bar graph will appear. This bar graph represents your exercise pace. As you increase or decrease your pace, additional bars will appear or disappear in the bar graph. When a preset program, a heart rate program, or the iFIT.com mode is selected, both bar graphs will appear. The left bar graph will represent your exercise pace, and the right bar graph will represent a target pace. During the program, the target pace will periodically change. As the right bar graph changes, simply adjust your pace so that the same number of bars appear in both bar graphs. **Important: The target pace is a *goal* pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.**

F. Training zone display—As you exercise, the training zone display will show the approximate intensity level of your exercise.

G. Program profiles—These profiles show how the resistance of the elliptical crosstrainer and the target pace will change during preset programs and heart rate programs. For example, profile number 4 shows that during preset program 4, both the resistance and the pace will gradually increase during the first half of the program, and then gradually decrease during the last half.

H. IFIT.com button—This button is used to select the iFIT.com mode. The indicator beside the button will light when the iFIT.com mode is selected.

I. Select Program button—This button is used to select the manual mode, preset programs, and heart rate programs.

J. Start Program button—This button is used to start preset programs and heart rate programs.

K. Display button—This button is used to select the feedback modes. The modes will be selected in the following order: scan, speed, time, resistance level, calories, distance, watts, and heart rate (when the handgrip pulse sensor or the optional chest pulse sensor is used).

L. Resistance buttons—These buttons control the resistance of the elliptical crosstrainer. There are ten resistance levels; level 10 is the most challenging.

M. + and – buttons and Enter button—These buttons are used to enter your age when a heart rate program is selected.

To use the manual mode of the console, refer to page 12. **To use a preset program,** refer to page 13. **To use a heart rate program,** refer to page 14. **To use iFIT.com CDs or videos,** refer to page 18. **To use a program directly from our Web site,** refer to page 19.

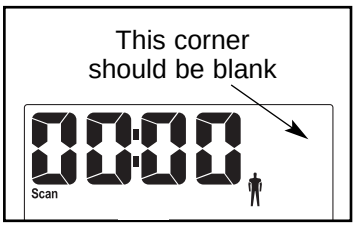
HOW TO USE THE MANUAL MODE

1 Turn on the console.

Note: The console requires four “D” batteries (not included). If you have not installed batteries, refer to step 5 on page 7 and install batteries.

To turn on the console, press any button or begin pedaling.

2 Select the manual mode.

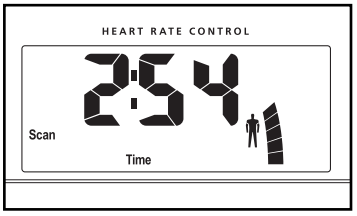


Each time the console is turned on, the manual mode will be selected. If a preset program, a heart rate program, or the iFIT.com mode has been selected, select the manual mode by pressing the Select Program button repeatedly until the upper right corner of the display is blank.

3 Begin exercising and adjust the resistance of the elliptical crosstrainer.

As you exercise, adjust the resistance of the elliptical crosstrainer as desired by pressing the Resistance buttons. There are ten resistance levels; level 10 is the most challenging. Note: After the buttons are pressed, it will take a few seconds for the selected setting to be reached.

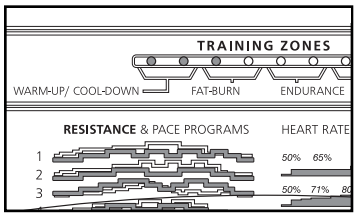
4 Follow your progress with the feedback modes, the left bar graph, and the training zone display.



As you exercise, the display will show your current speed, the elapsed time, the current resistance level, the approximate number of calories you have burned, the distance that you have pedaled, and your power output in watts. In addition, your heart rate will be shown when you use the handgrip pulse sensor (refer to step 5 at the right) or the optional chest pulse sensor (refer to page 20). Note: Each time the resistance level changes, the console will show the resistance level for six seconds. When a preset program or a heart rate program is selected, the display will show the *time remaining* in the program instead of the elapsed time.

In addition, the left bar graph will appear in the display to show your exercise pace. As you increase or decrease your pace, additional bars will appear or disappear in the bar graph.

If desired, you can select a single feedback mode for continuous display. Press the Display button repeatedly until only the MPH (or Km/H), Time, Resist., Cals., Miles (or Kms), or Watts indicator appears in the display. Make sure that the Scan indicator does not appear.

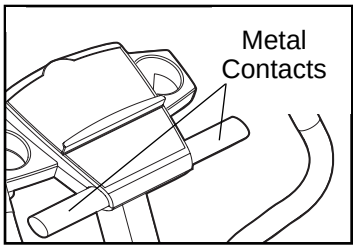


In addition, the training zone display will show the approximate intensity level of your exercise. For example, if three or four indicators in the display are lit, the display shows that your intensity level is ideal for fat burning.

Note: The console can show speed and distance in either miles or kilometers. To change the unit of measurement, first hold down the Start Program button for three seconds. An E (for English miles) or an M (for metric kilometers) will appear in the display. To change the unit of measurement, press the + button. Then, press the Start Program button again. When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

5 Measure your heart rate if desired.

Note: If you wear the optional chest pulse sensor (see page 20) and hold the handgrip pulse sensor at the same time, the console may not display your heart rate accurately.



If there are thin sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic. To use the handgrip pulse sensor, place your hands on the metal contacts. Your palms must be on the upper contacts and your

fingers must be touching the lower contacts. Avoid moving your hands. When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats. After a moment, two dashes (– –) will appear and then your heart rate will be shown.

For the most accurate heart rate reading, continue to hold the handgrips for about 15 seconds. Note: When you first hold the handgrips, the display will show your heart rate continuously for 15 seconds. The display will then show your heart rate along with the other feedback modes.

6 When you are finished exercising, the console will automatically turn off.

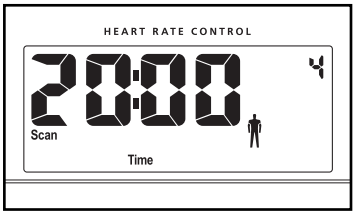
If the pedals are not moved and the console buttons are not pressed for a few minutes, **the console will automatically turn off to conserve the batteries.**

HOW TO USE A PRESET PROGRAM

1 Turn on the console.

Refer to step 1 on page 12.

2 Select one of the four preset programs.



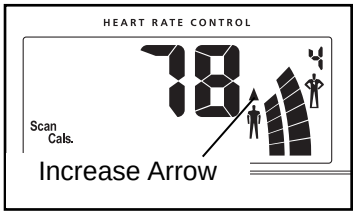
Each time the console is turned on, the manual mode will be selected. To select a preset program, press the Select Program button repeatedly until the number 1, 2, 3, or 4 appears in the upper right corner of the display.

The profiles numbered 1 through 4 on the left side of the console show the resistance and pace settings for the preset programs. For example, profile number 4 shows that when preset program 4 is selected, both the resistance and the pace will gradually increase during the first half of the program, and then decrease during the last half.

3 Start the program.

To start the program, press the Start Program button or simply begin exercising. Each preset program consists of twenty, one-minute periods. One resistance setting and one pace setting are programmed for each period. (The same resistance setting and/or pace setting may be programmed for consecutive periods.)

During the program, the resistance of the elliptical crosstrainer will automatically change as shown by the applicable profile on the console. If the current resistance level is too high or too low, you can change the resistance level by pressing the Resistance buttons. However, when the current period of the program is completed, the resistance level will automatically change if a different resistance setting is programmed for the next period.



The pace settings for the program will be shown by the right bar graph in the display. (The left bar graph will show your actual exercise pace.) As the right bar graph changes during the program, simply increase or decrease your pace so that the same number of bars appear in both bar graphs. If your pace is slower than the current pace setting, the increase arrow will also appear in the display to prompt you to increase your pace; if your pace is faster than the pace setting, the decrease arrow will appear. **Important: The pace settings for the program are intended only to provide a goal. Your actual pace may be slower than the pace settings, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.**

During the program, the display will show the time remaining in the program. When no time remains, the program will be completed. If you continue to exercise after the program is completed, the display will continue to show your exercise feedback.

4 Follow your progress with the feedback modes.

Refer to step 4 on page 12.

5 Measure your heart rate if desired.

See step 5 on page 12.

6 When you are finished exercising, the console will automatically turn off.

Refer to step 6 above.

HOW TO USE A HEART RATE PROGRAM

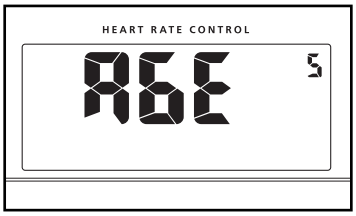
Each heart rate program helps you to keep your heart rate near a certain *percentage* of your *maximum heart rate* during your workout. (Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 25 years old, your maximum heart rate is 195.) Heart rate program 5 is designed to keep your heart rate between 50% and 85% of your maximum heart rate while you exercise; heart rate program 6 is designed to keep your heart rate between 50% and 80% of your maximum heart rate.

Follow the steps below to use a heart rate program.

1 **Turn on the console.**

Refer to step 1 on page 12.

2 **Select one of the two heart rate programs.**



Each time the console is turned on, the manual mode will be selected. To select a heart rate program, press the Select Program button repeatedly until the number 5 or 6 appears in the upper right corner of the display.

The profiles numbered 5 and 6 on the right side of the console show the resistance settings for the heart rate programs. For example, profile number 5 shows that when heart rate program 5 is selected, the resistance level will gradually increase during the program and then decrease near the end.

3 **Enter your age.**

When a heart rate program is selected, the word AGE and the current age setting will flash in the display. You must enter your age to use a heart rate program. If you have already entered your age, press the Enter button and go to step 4. If you have not entered your age, press the + or – button. The current age setting will then flash. Press the + or – button repeatedly to enter your age. When your age is shown, press the Enter button. Once you have entered your age, your age will be saved in memory until the batteries are replaced.

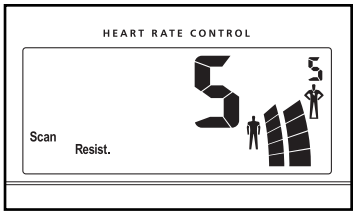
4 **Hold the handgrip pulse sensor.**

When using a heart rate program, you must use the handgrip pulse sensor (refer to step 5 on page 12) or the optional chest pulse sensor (refer to page 20). If you use the handgrip pulse sensor, it is not necessary to hold the handgrips continuously during the program. However, you should hold the handgrips frequently for the program to operate properly. **Each time you hold the handgrips, keep your hands on the metal contacts for at least 30 seconds.** Note: When you are not holding the handgrips, the letters PLS will appear in the display instead of your heart rate.

5 **Start the program.**

To start the program, press the Start Program button or simply begin exercising. Each heart rate program consists of twenty, one-minute periods. One resistance setting and one heart rate setting are programmed for each period. (The same resistance setting and/or heart rate setting may be programmed for consecutive periods.)

During the program, the resistance of the elliptical crosstrainer will automatically change as shown by the applicable profile on the console. If the current resistance level is too high or too low, you can adjust the resistance level by pressing the Resistance buttons. However, when the current period of the program is completed, the resistance level will automatically change if a different resistance setting is programmed for the next period.



As you exercise, the bar graphs will help you to keep your heart rate near the heart rate setting for the current period. The right bar graph will show a target pace. (The left bar graph will show your actual exercise pace.) When you hold the handgrip pulse sensor (or wear the optional chest pulse sensor), the console will compare your heart rate to the heart rate setting for the current period; if necessary, the right bar graph will then change to prompt you to increase or decrease your pace to bring your heart rate closer to the current heart rate setting. When the

right bar graph changes, increase or decrease your pace so that the same number of bars appear in both bar graphs. If your pace is slower than the current pace setting, the increase arrow will also appear in the display; if your pace is faster than the pace setting, the decrease arrow will appear. **Important: The pace settings for the program are intended only to provide a goal. Your actual pace may be slower than the pace settings, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.**

During the program, the display will show the time remaining in the program. When no time remains, the program will be completed. If you continue to exercise after the program is completed, the display will continue to show your exercise feedback.

6 **Follow your progress with the feedback modes.**

Refer to step 4 on page 12.

7 **When you are finished exercising, the console will automatically turn off.**

Refer to step 6 on page 13.

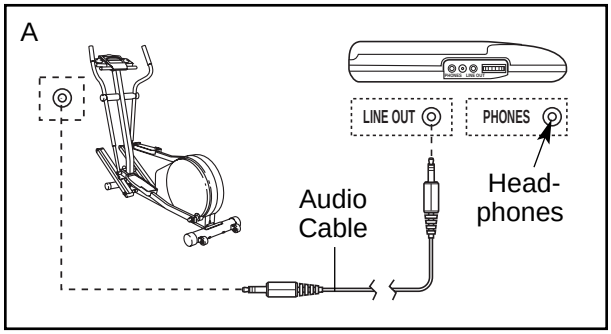
HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

To use iFIT.com CDs, the elliptical crosstrainer must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 15 to 17 for connecting instructions. **To use iFIT.com videocassettes**, the elliptical crosstrainer must be connected to your VCR. See page 17 for connecting instructions. **To use iFIT.com programs directly from our Web site**, the elliptical crosstrainer must be connected to your home computer. See page 17 for connecting instructions.

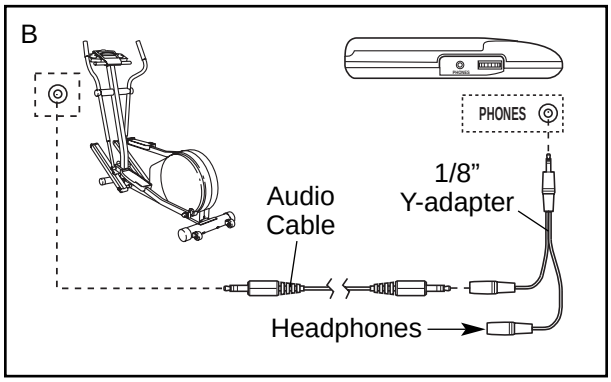
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.



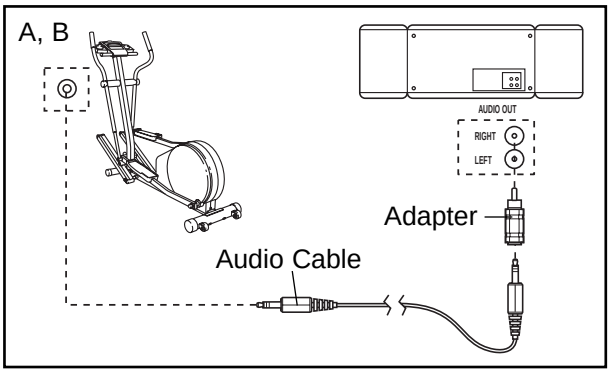
B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8” Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adapter.



HOW TO CONNECT YOUR PORTABLE STEREO

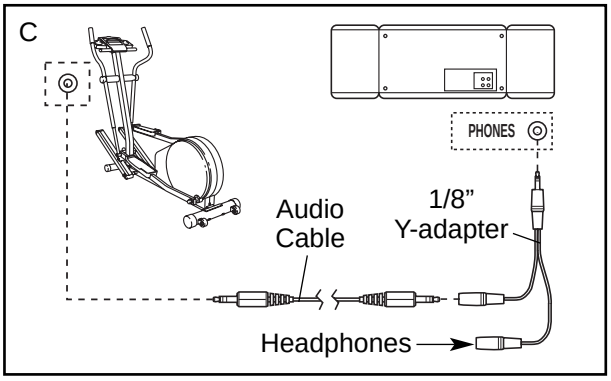
Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 1/8" LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into an AUDIO OUT jack on your stereo.



B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Do not use the adapter.

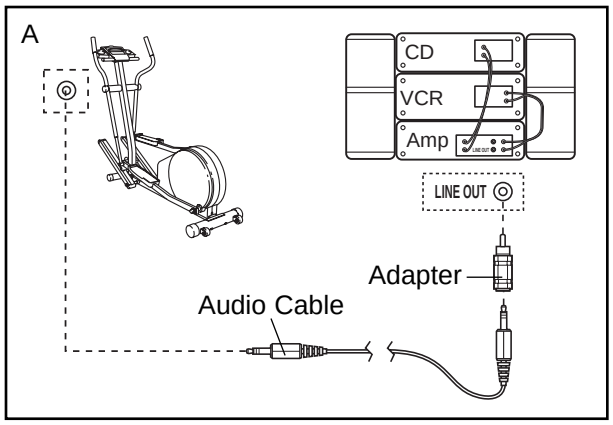
C. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.



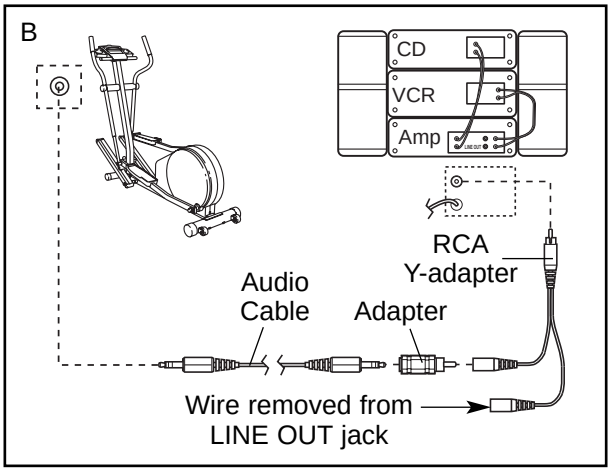
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into the LINE OUT jack on your stereo.



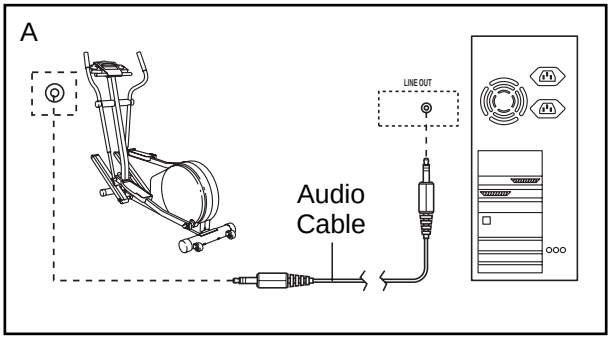
B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo.



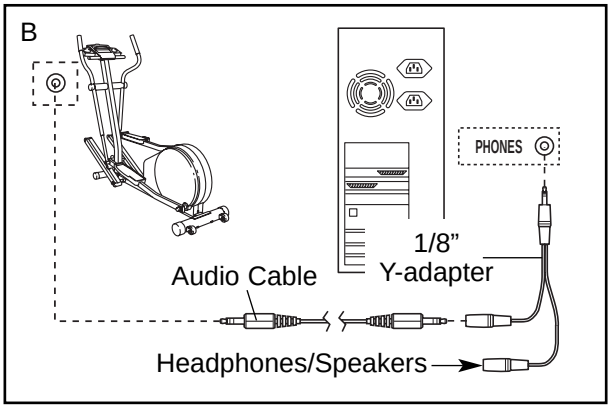
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 1/8" LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your computer.



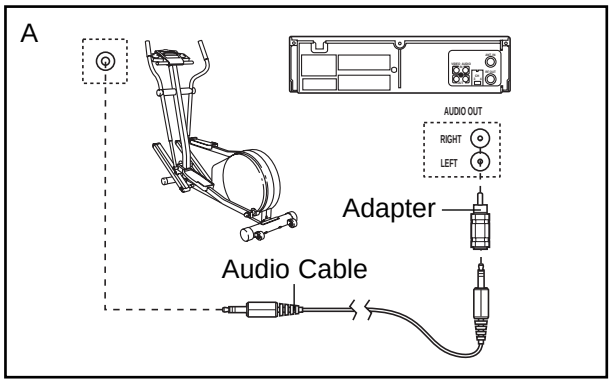
B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.



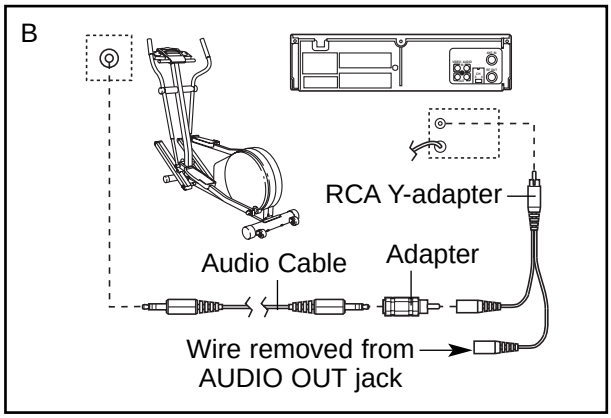
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 16.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into the AUDIO OUT jack on your VCR.



B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.



HOW TO USE IFIT.COM CD AND VIDEO PROGRAMS

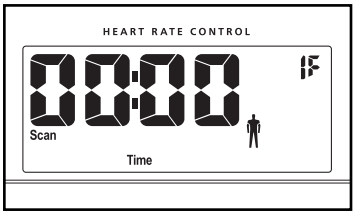
To use iFIT.com CDs or videocassettes, the elliptical crosstrainer must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER on page 15. **Note: For information about the availability of iFIT.com CDs or videocassettes, send an e-mail to ellipticalworkouts@iFIT.com, and we'll notify you as soon as iFIT.com CDs and videocassettes are available. Or, call toll-free 1-800-884-0620.**

Follow the steps below to use an iFIT.com CD or video program.

1 **Turn on the console.**

Refer to step 1 on page 12.

2 **Select the iFIT.com mode.**



Each time the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator beside the button will light and the letters IF will appear in the upper right corner of the display.

3 **Insert the iFIT.com CD or videocassette.**

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

4 **Press the play button on your CD player or VCR.**

A moment after the play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

The program will function in almost the same way as a preset program (refer to step 3 on page 13). However, an electronic "chirping" sound will alert you when the resistance and/or the pace setting is about to change.

Note: If the resistance of the elliptical cross-trainer and/or the pace setting does not change when a "chirp" is heard:

- **Make sure that the indicator beside the iFIT.com button is lit.**
- **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected and that it is fully plugged in.**

5 **Follow your progress with the feedback modes.**

Refer to step 4 on page 12.

6 **Measure your heart rate if desired.**

Refer to step 5 on page 12.

7 **When you are finished exercising, the console will automatically turn off.**

Refer to step 6 on page 13.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

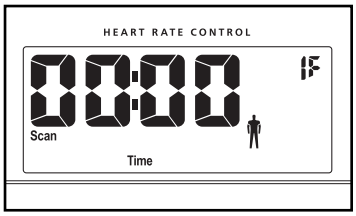
Our Web site at www.iFIT.com allows you to play iFIT.com audio and video programs directly from the internet. To use programs from our Web site, the elliptical crosstrainer must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 17. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our Web site.

Follow the steps below to use a program from our Web site.

1 **Turn on the console.**

Refer to step 1 on page 12.

2 **Select the iFIT.com mode.**



Each time the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator beside the button will light and the letters IF will appear in the upper right corner of the display.

3 **Go to your computer and start an internet connection.**

4 **Start your Web browser, if necessary, and go to our Web site at www.iFIT.com.**

5 **Follow the desired links on our Web site to select a program.**

Read and follow the on-line instructions for using a program.

6 **Follow the on-line instructions to start the program.**

When you start the program, an on-screen countdown will begin.

7 **Return to the elliptical crosstrainer and begin exercising.**

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a preset program (refer to step 3 on page 13). However, an electronic “chirping” sound will alert you when the resistance and/or the pace setting is about to change.

8 **Follow your progress with the feedback modes.**

Refer to step 4 on page 12.

9 **Measure your heart rate if desired.**

Refer to step 5 on page 12.

10 **When you are finished exercising, the console will automatically turn off.**

Refer to step 6 on page 13.

HOW TO USE THE INFORMATION MODE

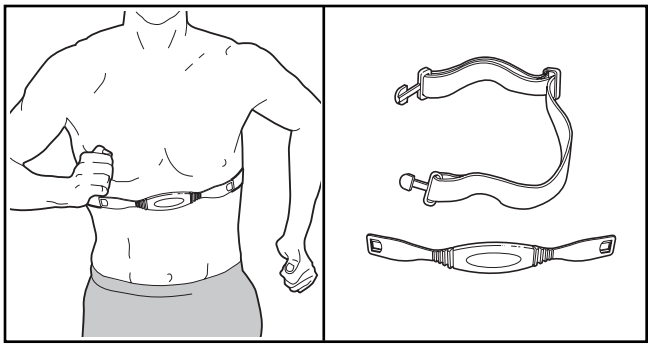
The console features an information mode that shows the total time that the elliptical crosstrainer has been used, the total distance that the pedals have moved, and whether the console is set to display speed and distance in miles or kilometers.

To select the information mode, hold down the Start Program button for three seconds. An E (for English miles) or an M (for metric kilometers) will appear in the display. (To change the unit of measurement, press the + button.) Press the Display button. The display will then show the number of hours that the elliptical exerciser has been used. Press the Display button again. The display will show the distance that the pedals have moved.

To exit the information mode, press the Start Program button again.

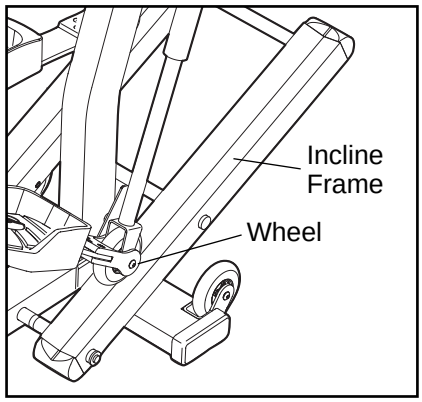
THE OPTIONAL CHEST PULSE SENSOR

The optional chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, call toll-free 1-800-999-3756.**



MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical crosstrainer regularly. Replace any worn parts immediately.



For smooth operation of the elliptical crosstrainer, the incline frame should be kept clean. Using a soft cloth and mild detergent, clean dust and other residue from the incline frame where the wheels make contact with it. Other parts of the elliptical crosstrainer can also be cleaned in this way. **Never use abrasives or solvents.**

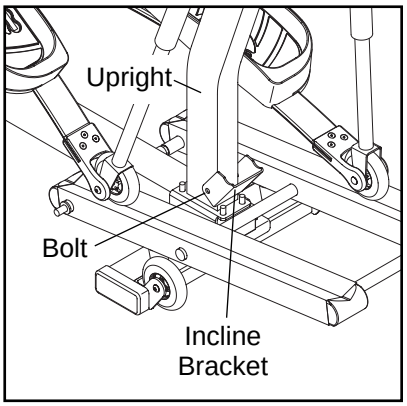
To prevent damage to the console, keep liquids away from the console. Always remove the batteries from the console when storing the elliptical crosstrainer.

BATTERY REPLACEMENT

If the letters LO appear in the console display, the batteries should be checked. Refer to assembly step 5 on page 7 to find the location of the battery compartment. Remove one of the batteries and then re-insert it. If the letters LO continue to appear in the display, replace the batteries.

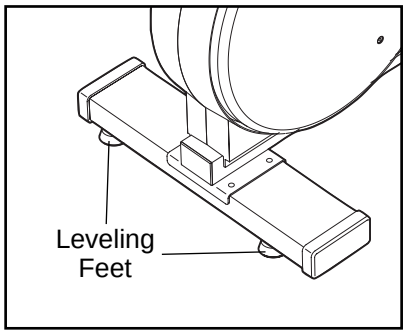
LUBRICATING THE INCLINE BRACKET

The incline bracket and the indicated bolt should be regularly lubricated. Apply a small amount of the included lubricant to the bolt and between the bracket and the upright.



HOW TO LEVEL THE ELLIPTICAL CROSSTRAINER

If the elliptical crosstrainer rocks slightly during use, turn one or both of the leveling feet under the rear stabilizer until the the rocking motion is eliminated.



CONDITIONING GUIDELINES

⚠ WARNING:

Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	155	145	140	130	125	115	
145	138	130	125	118	110	103	
125	120	115	110	105	95	90	
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age on the bottom line of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your "training zone." The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone as you exercise.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. NTEL79010

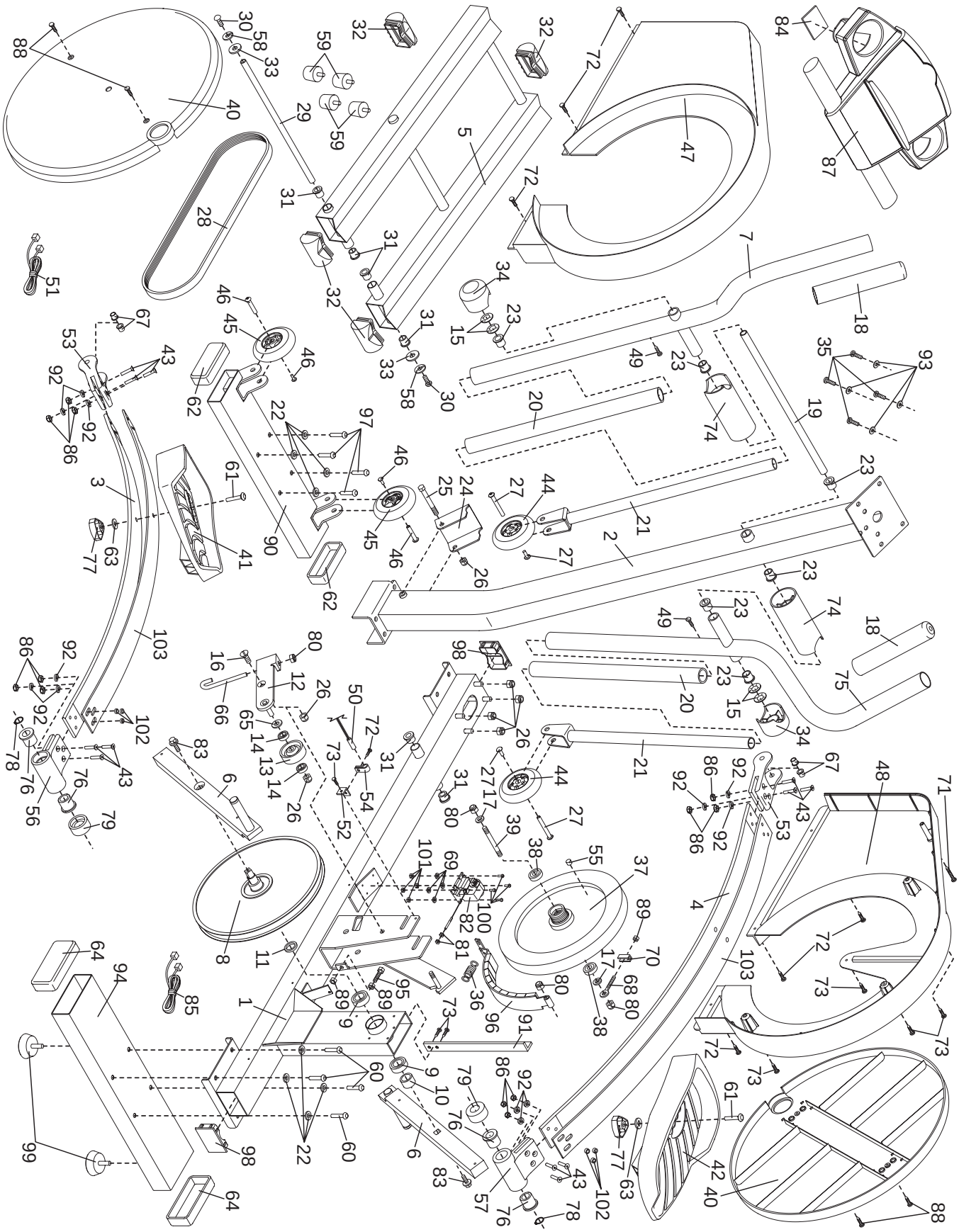
R1201A

Key No.	Qty.	Description
1	1	Frame
2	1	Upright
3	1	Left Spring Arm
4	1	Right Spring Arm
5	1	Incline Frame
6	2	Crank Arm
7	1	Left Upper Body Arm
8	1	Large Pulley
9	2	Frame Bearing
10	1	Plastic Crank Spacer
11	1	Flat Delrin Washer
12	1	Idler Bracket
13	1	Pulley
14	2	Idler Bearing
15	4	Push Nut
16	1	M10 x 25mm Flat Head Bolt
17	2	M8.5 Flat Washer
18	2	Foam Grip
19	1	Arm Axle
20	2	Plastic Arm Sleeve
21	2	Chrome Tube
22	8	M10 Split Washer
23	6	Arm Bushing
24	1	Incline Bracket
25	1	M10 x 85mm Bolt
26	7	M10 Nylon Locknut
27	2	M10 Union Bolt Set
28	1	Belt
29	1	Incline Axle
30	2	M8 x 19mm Screw
31	6	Incline Bushing
32	4	Incline Frame Cap
33	2	M8 Washer
34	2	Pivot Axle Cap
35	4	Console Screw
36	1	Spring
37	1	Flywheel
38	2	Flywheel Bearing
39	1	Flywheel Axle
40	2	Pedal Disk
41	1	Left Pedal
42	1	Right Pedal
43	12	M6 x 33mm Flat Head Screw
44	2	Incline Wheel
45	2	Stabilizer Wheel
46	2	M8 Union Bolt Set
47	1	Left Side Shield
48	1	Right Side Shield
49	2	M5 x 6mm Screw
50	1	Reed Switch/Wire
51	1	Extension Wire Harness
52	1	Reed Switch Bracket
53	2	Spring Bracket
54	1	Reed Switch Clamp
55	1	Magnet
56	1	Left Rear Spring Bracket
57	1	Right Rear Spring Bracket
58	2	M8 Split Washer
59	4	Bump-on
60	4	M10 x 56mm Button Screw
61	2	M10 x 36mm Carriage Bolt
62	2	Front Stabilizer Endcap
63	2	M10 Washer
64	2	Rear Stabilizer Endcap
65	1	M10.3 Washer
66	1	“J” Bolt
67	4	Spring Bracket Bushing
68	1	Eyebolt
69	4	M5 Washer
70	1	Adjustment Bracket
71	1	M4 x 63.5mm Screw
72	7	M4 x 16mm Screw
73	7	M5 x 16mm Screw
74	2	Axle Cover
75	1	Right Upper Body Arm
76	4	Pedal Bushing
77	2	Adjustment Knob
78	2	Snap Ring
79	2	Spring Spacer
80	4	M8 Nylon Locknut
81	2	M6 Nut
82	1	Resistance Motor
83	2	Flange Screw
84	1	Battery Cover
85	1	Wire Harness
86	12	M6 Nylon Locknut
87	1	Console
88	4	M5 x 25mm Screw
89	3	Stop Nut
90	1	Front Stabilizer
91	1	Side Shield Support
92	12	M6 Split Washer
93	4	Console Washer
94	1	Rear Stabilizer
95	1	M6 x 38mm Bolt
96	1	“C” Magnet
97	4	M10 x 43mm Button Screw
98	2	Frame Endcap
99	2	Leveling Foot
100	4	M5 x 12mm Screw
101	4	M5 Nylon Locknut
102	6	Veneer Spacer
103	2	Wood Veneer
#	1	Grease
#	1	Teflon® Lubricant
#	1	Push Nut Tool
#	2	Allen Wrench
#	1	User’s Manual

Note: # indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. NTEL79010

R1201A



HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (NTEL79010)
- The NAME of the product (NordicTrack® CXT 930 elliptical crosstrainer)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) from page 22 of this manual.

LIMITED WARRANTY

WHAT IS COVERED—The entire NordicTrack® elliptical crosstrainer ("Product") is warranted to be free of all defects in material and workmanship.

WHO IS COVERED—The original purchaser or any person receiving the Product as a gift from the original purchaser.

HOW LONG IS IT COVERED—ICON Health & Fitness, Inc. ("ICON"), warrants the product for one year after the date of purchase. Labor is covered for one year.

WHAT WE DO TO CORRECT COVERED DEFECTS—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

WHAT IS NOT COVERED—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User's Manual ("Manual").

WHAT YOU MUST DO—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

USER'S MANUAL—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

HOW TO GET PARTS AND SERVICE—Simply call our Customer Service Department at 1-888-825-2588 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

No one is authorized to change, modify or extend the terms of this limited warranty. This warranty gives you specific legal rights and you may have other rights which vary from state to state.

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